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II. CLAIM AMENDMENTS

1. (Currently Amended) A wireless personal data logging and processing device, reminder, arranged so as to collect, process and indicate information needed by an individual user, ~~wherein the reminder comprises a control unit equipped with means arranged so as to make context based decisions to guide the actions of the user of the reminder,~~ said reminder comprising:

a wireless receiver configured to receive information from a physical condition arrangement, a physical activity arrangement, a location arrangement and a task activity arrangement;

an alarm/display part configured to display messages or alerts to the user; and

a control unit configured to make context-based decisions based on the received information to guide the actions of the user of the reminder.

~~a means for wirelessly monitoring physical condition of the user;~~

~~a means for wirelessly monitoring physical activity of the user;~~

~~a means for wirelessly monitoring location of the user; and~~

~~a means for wirelessly monitoring task activity of the user.~~

2. (Previously Presented) A wireless data logging and processing device according to claim 1 which further comprises a

memory part of which is arranged so as to provide an activity log in the reminder.

3. (Currently Amended) A wireless reminder according to claim 2 which further comprises ~~an alarm/display part, a~~ user interface for the device, ~~and a receiver.~~

4. (Previously Presented) A wireless reminder according to claim 3 which further comprises a receiver means with which the reminder is arranged so as to function as a terminal in a wireless network.

5. (Previously Presented) A wireless reminder according to claim 4 wherein the wireless network terminal is arranged so as to function as a personal cellular phone.

6. (Currently Amended) A wireless personal data logging and processing arrangement comprising ~~one or more monitoring arrangements for personal data logging, which arrangement further comprises a personal reminder arranged so as to make context-based decisions, said reminder comprising:~~

~~a means for wirelessly monitoring wireless physical condition of the user arrangement;~~

~~a means for wirelessly monitoring wireless physical activity of the user arrangement;~~

~~a means for wirelessly monitoring wireless location of the user arrangement; and~~

~~a means for wirelessly monitoring wireless task activity of the user arrangement; and~~

a wireless reminder carried by an individual user, the reminder comprising a wireless receiver configured to receive information from the physical condition arrangement, physical activity arrangement, location arrangement and the task activity arrangement and a control unit configured to make context-based decisions based on the received information to guide the actions of the user of the reminder.

7. (Cancelled).

8. (Currently Amended) A wireless data logging and processing arrangement according to claim 7-6 wherein the data communicated by the monitoring arrangements are arranged so as to be stored in an activity log in the memory of the reminder.

9-11. (Cancelled).

12. (New) A method comprising:

receiving, in a wireless personal data logging and processing device, information from a physical condition arrangement, a physical activity arrangement, a location arrangement and a task activity arrangement;

displaying messages or alerts to an individual user of the wireless personal data logging and processing device; and

making context based decisions based on the received information to guide the actions of the user;

wherein the wireless personal data logging and processing device collects, processes and indicates information needed by the user.

13. (New) A method comprising:

wirelessly monitoring a physical condition of a user of a wireless personal data logging and processing arrangement;

wirelessly monitoring a physical activity of the user;

wirelessly monitoring a location of the user;

wirelessly monitoring a task activity of the user; and

wirelessly receiving information pertaining to the physical condition, the physical activity, the location and the task activity of the user in a wireless reminder carried by the user;

wherein the reminder makes context-based decisions based on the received information to guide the actions of the user of the reminder.

14. (New) An apparatus comprising:

a control unit, the control unit is configured to analyze information stored in a memory of the apparatus and to decide, based on the analysis, when the information is communicated to a user; and

an alarm/display connected to the control unit for communicating the information to the user;

wherein the information stored in the memory is information received from at least one user monitor in communication with the control unit.

15. (New) The apparatus of claim 14 wherein the at least one user monitor includes:

a physical monitor in wireless communication with the control unit;

an activity monitor in wireless communication with the control unit;

a location monitor in wireless communication with the control unit; and

a task monitor in wireless communication with the control unit.